



**Lincoln Area Agency On Aging
Downtown ActivAge Center**

The Golden Oak

1005 "O" Street, Lincoln, NE

October 2006

Downtown ActivAge Center FLU AND PNEUMONIA SHOTS

October 17 & 19

9:30 a.m. - 2:00 p.m.

Over 65 years of age or with
chronic health issues.

**\$20 for Flu And \$35 for Pneumonia
Or Medicare B Card**

Sack Lunch To Go

Lunch, or dinner, to go!

The Downtown ActivAge
Center is now offering sack lunches
to take home. Call us at 441-7154
two days in advance and we'll have
your Dinner-To-Go ready to go.

Check inside The Golden Oak for your menu.

**The Downtown ActivAge Center
Will be Closed**

November 11 & 13

&

November 23, 24 & 25

Old Time USO Show

With Special Musical Guests

Rave Revue

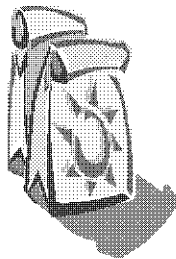
November 16

Downtown ActivAge Center

1005 "O" Street

To make your reservations for these terrific
events call us at 441-7158 no later than the
Monday before the event.

Van transportation is available.



Pool & Cribbage Tournaments

Pool Tournament

Every 3rd Saturday of the month

9:00 am

Cribbage Tournament

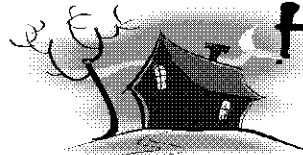
Every 2nd WEDNESDAY of the month

9:00 am

All men and women of all skill levels are invited for
Pool & Cribbage Tournament play.

Refreshments are served and
the winners receive a \$5 prize.

Cost is \$1 per person per tournament.



Halloween Party

October 31

10:00 a.m. - Noon

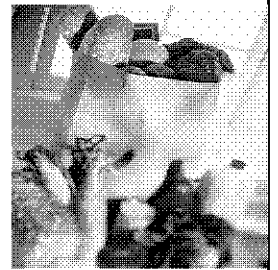
Tricks & Treats

Farmer's Market

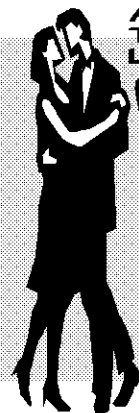
Please remember ...

All of your Farmers'
Market Coupons
must be used by

**Tuesday,
October 31, 2006.**



ActivAge Downtown Center,
The Seniors Foundation, and
Lincoln Area Agency on Aging



Veteran's Day Dance

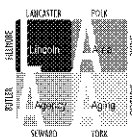
featuring

The Lou Arnold Orchestra

November 8

1:00 p.m. - 4:00 p.m.

**Auld Recreation Center
3140 Sumner**



**The Downtown ActivAge Center
is open for lunch on Saturdays**

Shopping News

The DOWNTOWN ACTIVAGE CENTER van provides shopping assistance on the first and third Wednesdays at 12:15 pm from the center, to the store, and back to your front door. The cost is \$1.00 per person.

**Walmart ~
October 4 & 18
November 1 & 15**

Commodities ~ October 17
Please remember you must be present to sign for your commodities.

Reservations for shopping **MUST** be made by calling 441-7154 by Noon the Monday before shopping for your reservation.

Senior Health Promotion Center

at the Downtown ActivAge Center.
9:30 a.m. – 2:30 p.m.

No appointments needed for Nursing Clinic.
Dental Clinic by Appointment Only.

**October
3, 5, 24, 26, 31
November
2, 14, 16, 21, 28, 30**

Dental Health Screening, Ultrasound Denture Cleaning, Minor Adjustments & Repairs, and other Limited Dental Care

For more information call 441-7575.

A Partnership with Nebraska Health System College of Nursing, College of Dentistry, and Lincoln Area Agency on Aging's Lifetime Health.

**DOWNTOWN ACTIVAGE CENTER
is open for lunch on Saturday**

Dinner And A Show

Mr. Memories

Joe Taylor

October 12

Cotner Center Condominiums
North 66th at Cotner & Holdrege

Great music from a great entertainer and great food.

Old Time USO Show

November 16

Downtown ActivAge Center
1005 "O" Street

Step back in time and enjoy an old fashioned evening of music and comedy.

To make your reservations for these terrific events call us at 441-7158 no later than the Monday before the event.

Van transportation is available.

Monthly Birthday Party

The 2nd Thursday of the month at 11:00 am, our Birthday Party includes a FREE LUNCH, cake, recognition and lots of fun.

Call us at 441-7154 to register.

You must make reservations for your lunch Tuesday before the party.

ActivAge Downtown Center OCTOBER Birthdays

Jane Elder (2), Donna Busch (3),
Fred Bruns (8), Mary McDowell (10),
Robert Hummels (10), Robert Lybarger (15),
Jeanne Danekas (18), Joy Maly (25),
Mabel Jackson (28), Jesse Martinez (28),
Judy Lewis (30)

Other OCTOBER Birthdays

Mark McGwire (1), Susan Sarandon (4),
Marie Osmond (13), Angela Lansbury (16),
Dawn Wells (18), Jane Pauley (31)

Chair Massage

With Rick Dockhorn

At Downtown ActivAge Center

October 18



ENTERTAINMENT MATTERS

Discount Prices for Tours, Travel & Performances

ActivAge Tickets, Tours & Events Programs offers senior discount tickets for many special events at the Lied Center, the Lincoln Community Playhouse, and many others. You may purchase your tickets by calling us at 441-7158.

Downtown Center Band

These talented seniors play in our Dining Room every Monday from 10:00 - 11:00 am. For information on how to book the band for your event, call Milo Brehan at 488-6839.

HEALTH MATTERS

Lifetime Health Program

Comprehensive wellness and fitness services for persons 55+.

Senior Health

Promotion Center

Offering free health and dental screenings on most Tuesdays & Thursdays from 9:30 am – 2:30 pm. No appointments needed.

Fitness Center — Work off those extra pounds and sweat your way to fitness in our Fitness Center open Monday – Friday 8:00am-4:00pm, and Saturday 9:00-Noon.

For more information call 441-7575.

TRANSPORTATION MATTERS

ActivAge Transportation

From your front door to ours.

Our Center van for only \$1.00! Call us at 441-7154 to arrange for pickup

Public Transportation

StarTran Senior Saver Punch Cards are available at the Downtown Center Office. Cost is \$12.00 for 20 trips. Call 441-7158 for more information.

Parking

Attend classes at the Center that require a fee and we will provide you with one Park & Shop or Ride & Shop stamp for every hour in class. Limit: 3 hours/stamps, obtainable in the 2nd Floor office.

Join us for lunch, pay us .50 cents and we'll pay the rest of your first hour of parking.

Commodities – 438-5231

USDA Commodities are distributed the **3rd Tuesday of each month between 9:00 -- 10:00am**. Call 438-5231 to register, and pick them up at Downtown ActivAge Center. If you are signing up for the first time please bring photo ID and proof of income.

"Services Are "Waiting For You"

Volunteering

The Center has many volunteer opportunities in many different areas. Call us at 441-7158 for more information.

Life Office

This is your first stop ...

for your questions on benefits, ElderCare, Elder Law, Prescription Cards, Financial Counseling, Senior Employment obtaining information, determining alternatives, and arranging services for those people in the community who are 60+.

Call on Life Services at 441-7070.

Confused about exercise?

We can help!



Certified Personal Trainers Available
Tuesdays & Thursdays
1:00 - 3:00 p.m.
Forever Strong Health Club
Downtown ActivAge Center
Free for age 60 & Over
Contributions Accepted

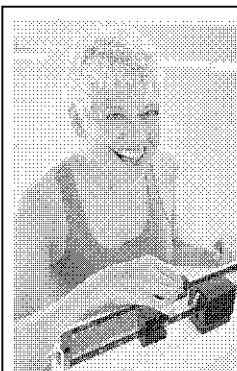
For more information call 441-7575 Lifetime Health
A program of Lincoln Area Agency on Aging

Important Center Phone Numbers

Downtown Center Office
441-7158

Lunch & Transportation
441-7154

Downtown Center Manager
David Chapelle
441-7154

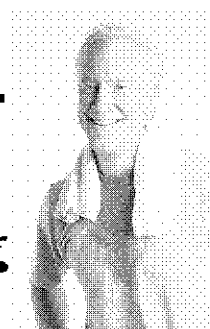


Downtown Fitness Room Open Workout

Monday - Friday
8:00 a.m. - 4:00 p.m.

Saturday
9:00 a.m. - Noon

Downtown ActivAge Center
Forever Strong Health Club
Free for age 60 & Over
Contributions accepted



Downtown ActivAge Center Daily Events Calendar

Lunch - 11:30 AM

All ages welcome!

Meals are served daily, Monday through Saturday at 11:30 a.m.

Monthly menus are available at the Center.

Reservations for lunch and transportation MUST be made between 9:00 a.m. and Noon two business days in advance by either stopping by the reservation desk in person or by calling 441-7154.

Meal cancellations must be made no later than 10:00 am the day of the meal by calling 441-7154.

If an individual does not contact us by Noon, or inform us they will be late, the meal reservation will be served to the next person on the standby list at Noon.

The suggested donation for a meal is \$2.00-4.00 for individuals 60 and over, or \$4.00 for Holiday meals.

Guests under 60 may eat for \$5.00, or \$6.00 for Holiday meals.

All volunteers may eat for the senior price of \$2.00-4.00.

Volunteers Needed

The Downtown ActivAge Center is in need of volunteers to help with lunch. Duties would include setting up the serving line, serving food, and light cleanup after lunch.

Hours for this volunteer opportunity are Monday-Friday from 9:00 a.m. - Noon.

Call us at 441-7154 for more information.

Husker Football

October 7 - at Iowa State

October 14 at Kansas State

October 21 - TEXAS

October 28 - at Oklahoma State

November 4 - MISSOURI

November 11 - at Texas A & M

November 24 - COLORADO

Lower Level Recreation Center

Pool, Cards, & Exercise Rooms

Television Lounge & Game Room

Perfect for conversation, fun and games

Dining Room

Music

Coffee & Conversation

The Clefs

Enjoy the *big band* sound of

The Clefs

Every Monday

10:00 AM - 11:00 AM

Bilingual Bingo

White Elephant Bingo called in

English and Spanish.

Thursday & Saturday from 11:00 - 11:30 AM

Van Transportation

From your front door to ours.

Our Center van for only \$1.00!

Punch cards are available at the center.

Call us at 441-7154 to arrange for pickup.

Van reservations MUST be made between

9:00 am and 12:00 noon two days in

advance by calling 441-7154, or by stopping by the reservation desk.

Reservations must be made each month

by either stopping in at the center or

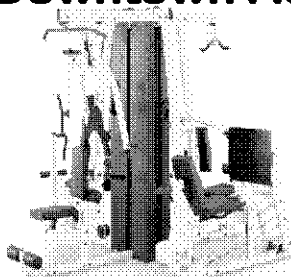
calling 441-7154.

To cancel van transportation you

must call 441-7863 no later than

8:00 a.m. the day of the ride.

Forever Strong Health Club Downtown ActivAge Center



Up to four people can
work out simultaneously

Check out the latest
addition to the workout room.
The Body-Solid Gym is the most
complete multi-station available.

ALL NFL WORD SEARCH

H C G S K B L G C R I M J W S
A N E F E U R O R N F A T O K
U I B M O N S E M A C D C R E
N K Y H E T O U T K V A N C L
T P G A U T T T O S N E R E E
E M G M B U E L S D N I S R T
D U E R A P A R Y B S O J A O
H P E M I N V F Y K M T M C N
O W I R T B R O O M A O A S D
U T A E R T R O K C I R T S X
S T R S I F P L K G O B L I N
E N V C P S R C S E I D O O G
S K N A R P A C A R N I V A L
P A H R B L P A R T Y G V Q V
W O D Y B K T S O H G Y A Q M

WORD LIST

AUTUMN
BLACKCAT
BREW
BROOM
CANDY
CARNIVAL
CEMETERY
COSTUME
GHOST

GHOUL
GOBLIN
GOODIES
GRAVES
HAUNTED
HOUSE
JACK-O-
LANTERN
PARTY
PIRATE
MONSTER

PUMPKIN
SCARECROW
SCARY
SKELETON
SPOOKS
TOMBSTONES
TRICK-OR-
TREAT
WITCH
PRANKS



October Sack Lunch Menus

- 2 - Sliced Turkey Sandwich, Mayonnaise/Mustard, Celery Sticks, Apple, Granola Bar
- 3 - Peanut Butter & Jelly Sandwich, Grapes, Pretzels, Sherbet
- 4 - Sloppy Joe, W. W. Bun, Applesauce, Dill Pickle Spear, Cookie
- 5 - Cheese Sandwich, Mayonnaise/Mustard Tomato-Zucchini Salad, Juice, Rice Crispy Bar
- 6 - Roast Beef Sandwich, Mayonnaise/Mustard, Pea Salad, Raisins, Angel Food Cake
- 7 - Manhattan Deli Pasta Salad, Mandarin Orange Slices, Assorted Crackers, Pudding
- 9 - Beef Stew, Juice, Biscuit, Margarine/Honey, Cake
- 10 - Chicken Salad Sandwich/Lettuce/Mayo/ Mustard, Potato Salad, Diced Apples with Cinnamon, Cherry Orchard Bar
- 11 - Ham Sandwich, Croissant, Tropical Fruit, V-8 Juice, Cheesecake
- 12 - Turkey and Cheese Sandwich, Mayonnaise/ Mustard, Pickled Beets, Fruit Cocktail, Cookie
- 13 - Italian Pasta Salad with Chicken, Mixed Fruit Cup, Assorted Crackers, Nutrigrain Bar
- 14 - Tuna Salad Sandwich, Tomato Slices, Apricot Nectar, Pumpkin Bar
- 16 - Hawaiian Chicken Salad, Coleslaw, Dinner Roll/ Margarine, Pudding
- 17 - Beans & Franks, Stewed Tomatoes, Bread/ Margarine, Orange
- 18 - Chef Salad w/ Diced Ham, Black Olives/ Shredded Cheese, Lite Dressing, Diced Pears, W.W. Dinner Roll/ Margarine, Cookie
- 19 - Peanut Butter & Jelly Sandwich, Cottage Cheese, Apricots, Rice Krispie Bar
- 20 - Seafood Salad Vegetable Pasta Salad, Sliced Peaches, Dinner Roll/ Margarine, Pudding
- 21 - Turkey Ranch Pasta Salad, Carrot Sticks/ Ranch Dressing, Muffin/Margarine, Diced Apples w/Cinnamon
- 23 - BBQ Beef on a Bun, Cole Slaw, Mandarin Orange Slices, Cake
- 24 - Spinach/Tossed Salad with Diced Chicken & Cheese, Lite Dressing, Banana, Assorted Crackers, Cookie
- 25 - Sliced Turkey Sandwich, Mayonnaise/Mustard, Celery Sticks, Apple, Granola Bar
- 26 - Peanut Butter & Jelly Sandwich, Grapes, Pretzels, Sherbet
- 27 - Sloppy Joe, W. W. Bun, Applesauce, Dill Pickle Spear, Cookie
- 28 - Cheese Sandwich, Mayonnaise/Mustard, Tomato-Zucchini Salad, Juice, Rice Crispy Bar
- 30 - Roast Beef Sandwich, Mayonnaise, Mustard, Pea Salad, Raisins, Angel Food Cake
- 31 - Manhattan Deli Pasta Salad, Mandarin Orange Slices, Assorted Crackers, Pudding

Ride For \$5.00

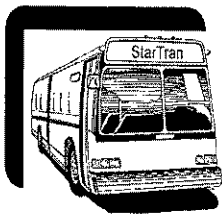
\$5.00 a Month

On Star Tran Buses

ANYTIME

ANYWHERE

ANY REASON



If you are low income, you can now purchase a StarTran monthly bus pass for only \$5.00 (\$10.00 for HandiVan) at the Downtown ActivAge Center from 9:00 a.m. - NOON. Proof of income and identification required.